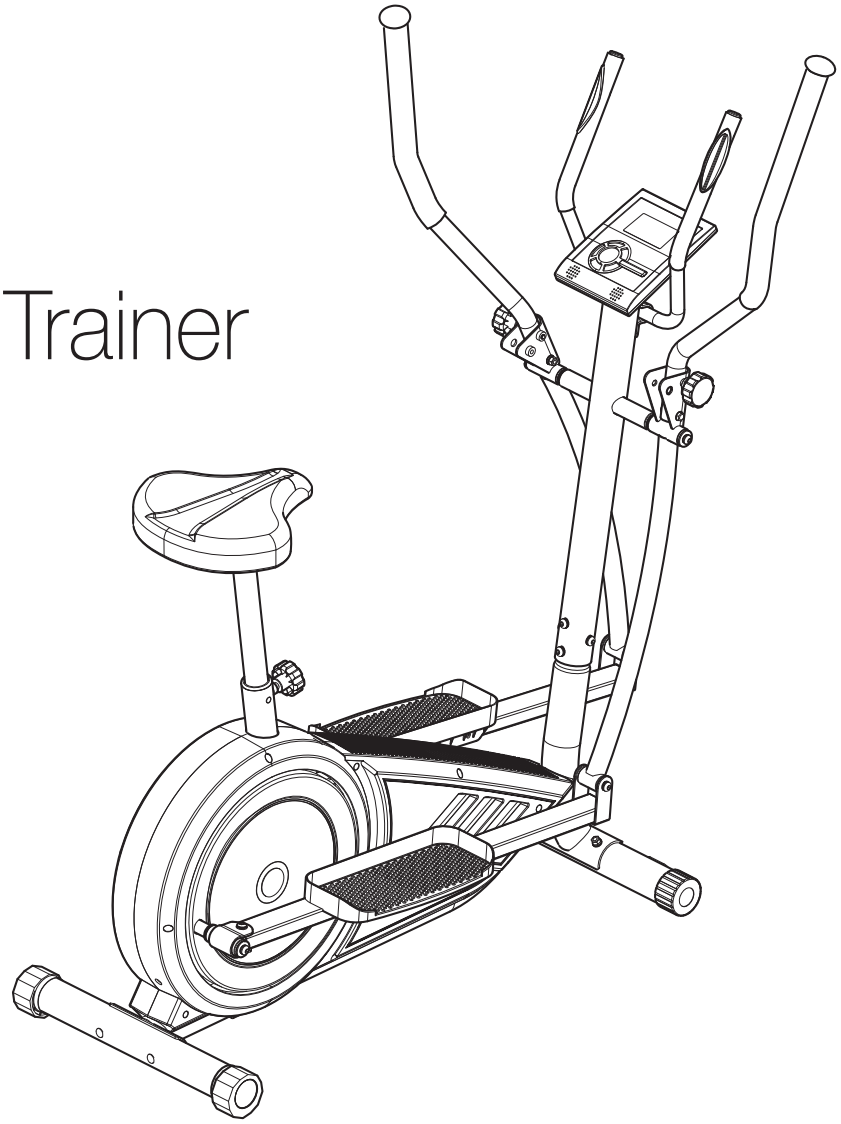
YORK®
FITNESS

Owner's Manual

Aspire 2 in 1
Cycle Cross Trainer
52045



23OCT2011

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Congratulations on purchasing your exercise equipment from

YORK® FITNESS

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new exercise equipment.

For more information visit www.yorkfitness.com

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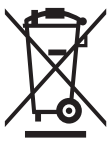


Protect the environment by not disposing of this product or batteries with household waste. Check your local authority for recycling advice and facilities.

Safety information

Please read this instruction manual before you begin assembly. Great care has been taken to design these instructions and following them will help you with quicker assembly and minimize the risk of injury.

It is important that you keep these instructions for future reference.

This list is not exhaustive - You are responsible for your own safety!

- Always assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side.
- The safety level of this equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment pin / fixing.
- Always check that any pins / fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear. (e.g. tracksuit / shorts / training shoes)
- Remove all personal jewelry before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment. (See maximum user weight)
- Never use the equipment in any other manner other than the ways explained in these instructions and any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behavior for which the training equipment is not intended.
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on or around the equipment, especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- This product is not suitable for therapeutic purposes.
- This product has an integrated speed independent braking system without a constant power mode that is governed by magnetic resistance.
- This product has been tested for use in a home environment and is warranted for In Home, personal, family or household use.
- Due to our continuous policy of product development, York Fitness reserves the right to change specifications without notice.

CAUTION! The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein.

Maximum user weight: 125kg

Safety Standards

This equipment meets the requirements of the EU's EMC and Low Voltage directives (where applicable), EN957 1, 5 & 9-CLASS HC. Therefore the equipment carries the following marks:

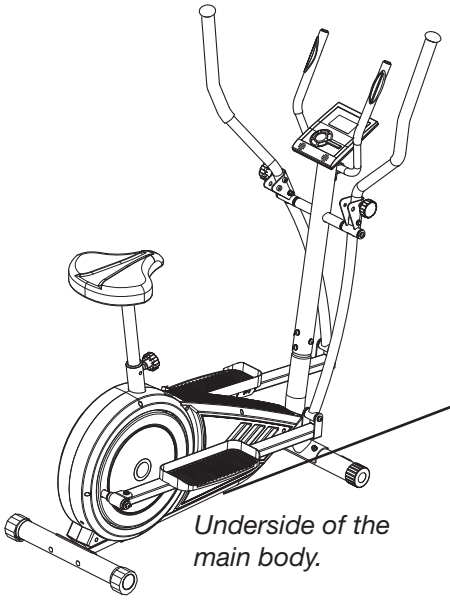
Customer support

Customer Support

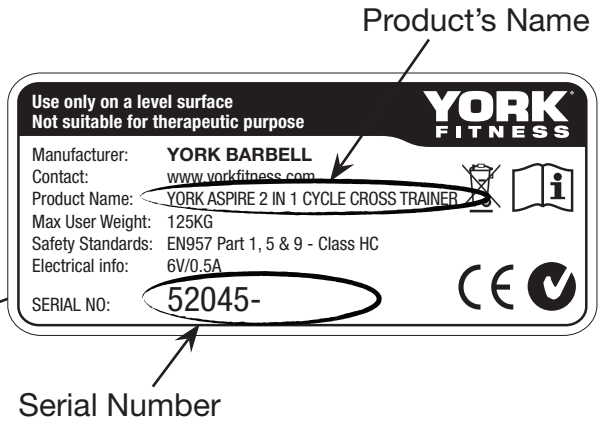
Should you require any assistance regarding this product please gather the following information and then contact us using the details below:

- Serial No. - This can be found on the sticker below, located as indicated.
- Original purchase date
- Place of purchase
- Information about the place and conditions of use
- Precise description of the issue / defect

IMPORTANT!! - Please retain your sales receipt, York Fitness Customer Care may request proof of purchase to validate eligibility for warranty service. Warranty cover starts from the date shown on the proof of purchase.



Underside of the main body.


Product's Name
Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: YORK BARBELL
Contact: www.yorkfitness.com
Product Name: YORK ASPIRE 2 IN 1 CYCLE CROSS TRAINER
Max User Weight: 125KG
Safety Standards: EN957 Part 1, 5 & 9 - Class HC
Electrical info: 6V/0.5A
SERIAL NO: 52045-
Serial Number

This product label is an example only, it is not the real product name and serial number of the item you have bought.

ENGLAND

The best way to contact us is via the website:
www.yorkfitness.com

York Barbell UK Ltd.
York Way, Daventry,
England, NN11 4YB
Tel: 0844 225 3112

AUSTRALIA

The best way to contact us is via the website:
www.yorkfitness.com.au

York Fitness Australia
1/2 Swaffham Rd, Minto,
PO Box 5130, NSW 2566
Tel: 1800 730 149

Assembly instructions

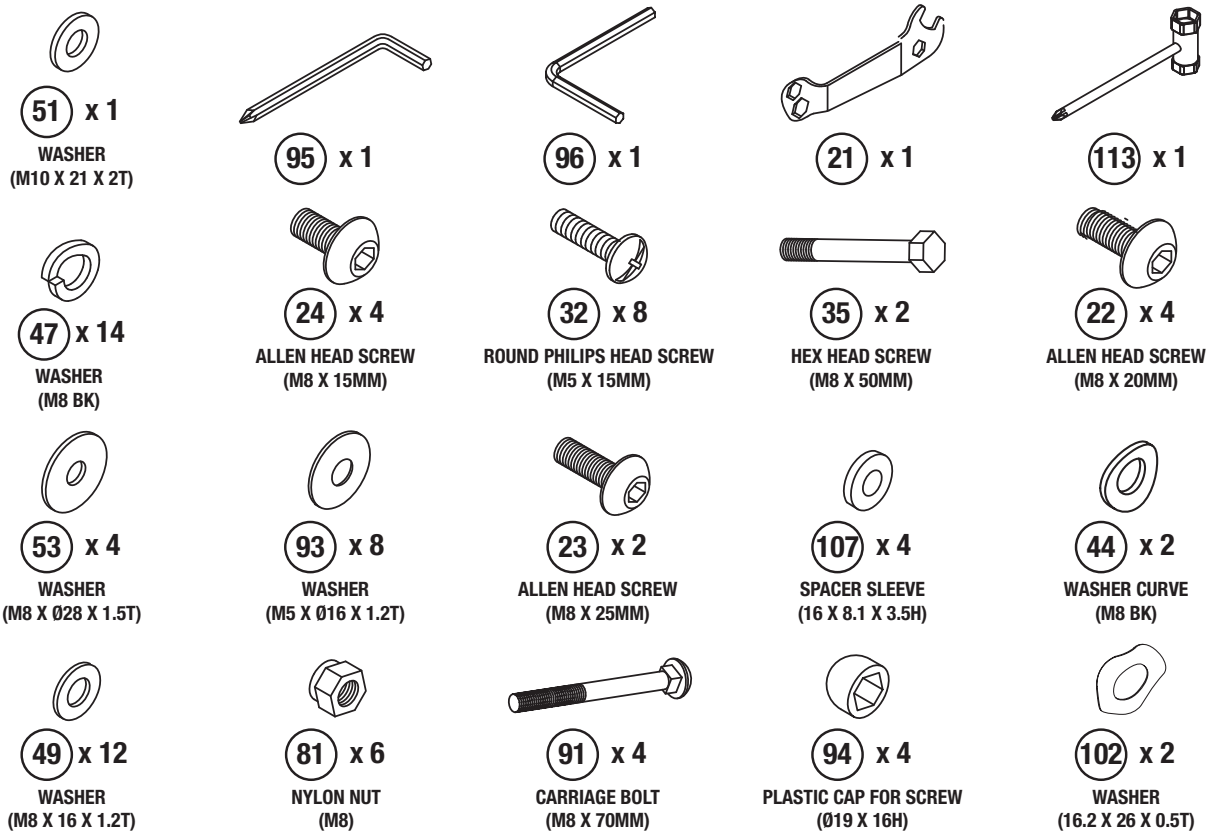
YORK FITNESS

Care & Maintenance

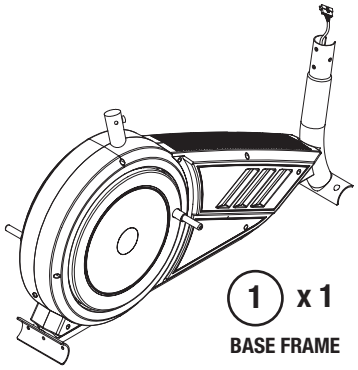
- This equipment should not be placed outdoors, in a garage or an outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and your flooring.
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc.
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

- **Prepare your work area** - It is important you assemble the product in a clean and uncluttered space.
- **Work with a friend** - We recommend you have someone assist you with the assembly as some of the components are quite heavy.
- **Open the carton** - Check any warnings on the carton and make sure you have it the right way up.
- **Unpack the carton** - Remove all the parts and lay them out on the floor.

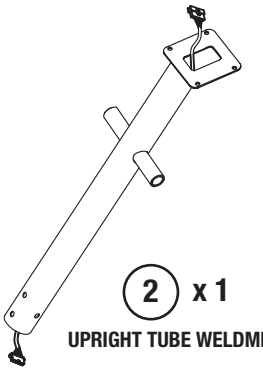
Make sure you have the following parts:



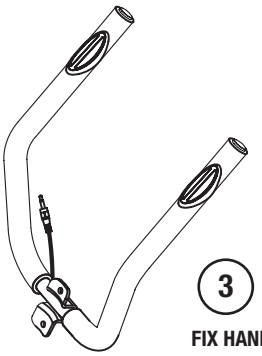
Assembly instructions



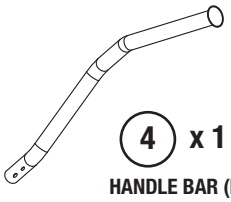
1 x 1
BASE FRAME



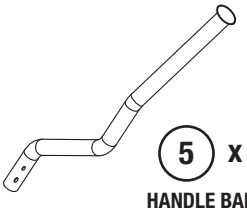
2 x 1
UPRIGHT TUBE WELDMENT



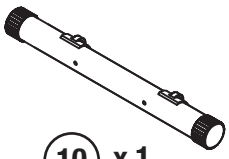
3 x 1
FIX HANDLEBAR



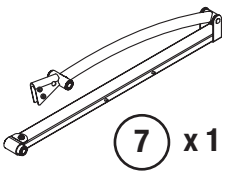
4 x 1
HANDLE BAR (L)



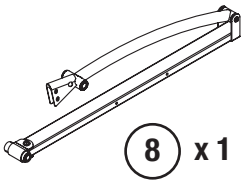
5 x 1
HANDLE BAR (R)



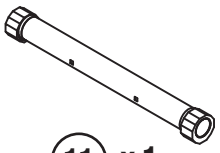
10 x 1
FRONT FOOT



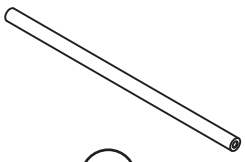
7 x 1
PEDAL TUBE WELDMENT (L)



8 x 1
PEDAL TUBE WELDMENT (R)

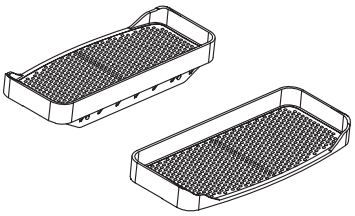


11 x 1
REAR FOOT

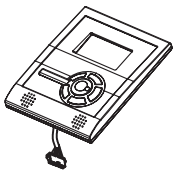


16 x 1
AXLE SUPPORT

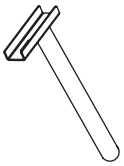
72 x 1



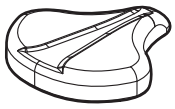
73 x 1
PEDAL (L) & (R)



82 x 1
COMPUTER



103 x 1
SADDLE POST



110 x 1
SADDLE

106 x 1
MOVABLE SEAT POST KNOB

108 x 1
SEAT KNOB

112 x 2
KNOB

Assembly instructions

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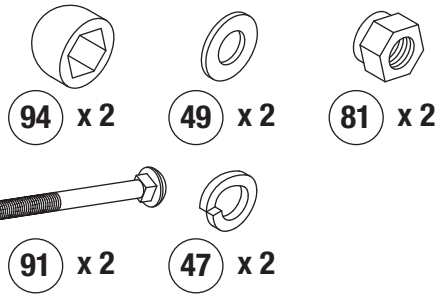
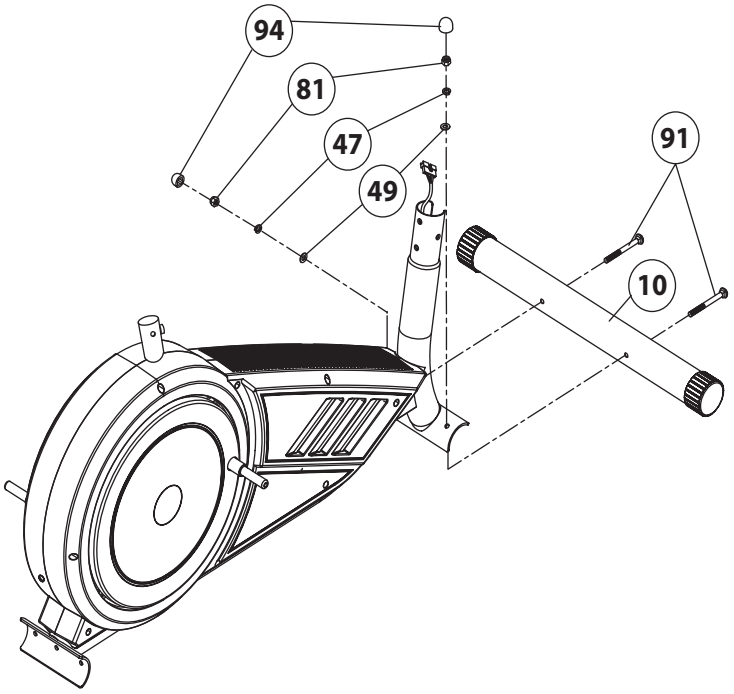
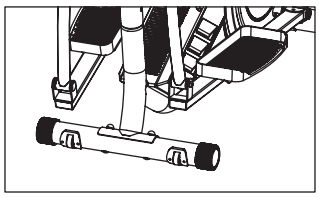
STEP 1

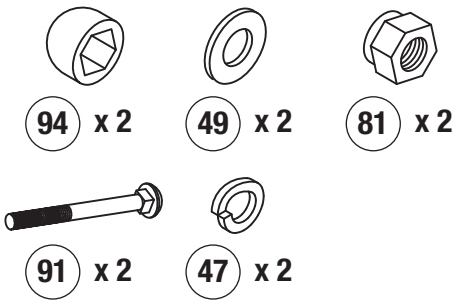


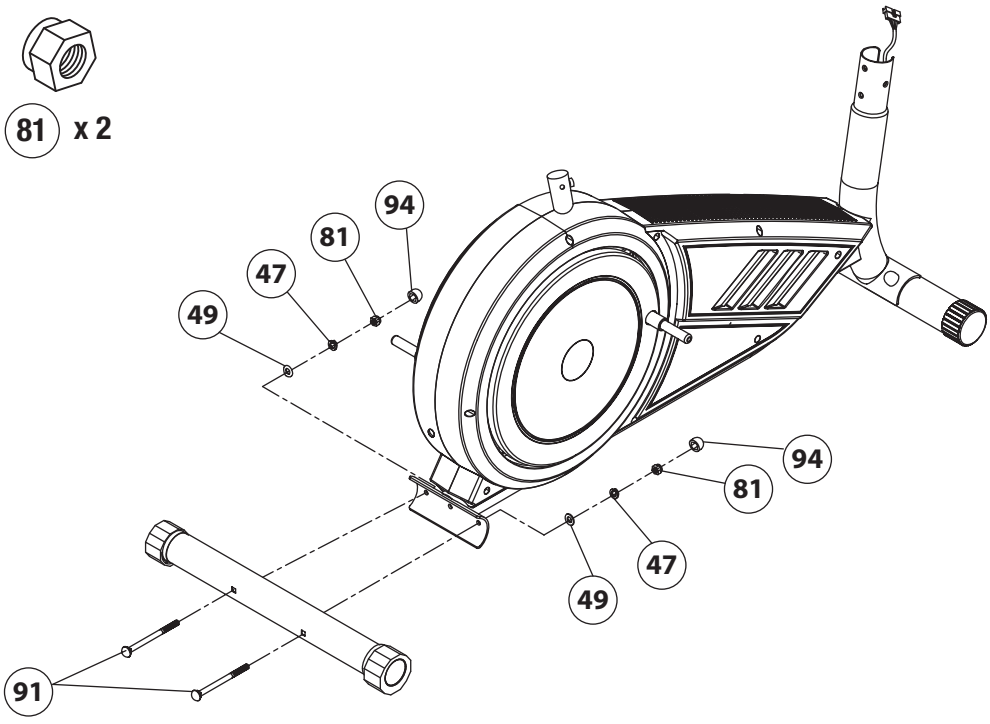




Please note the front stabilizer has wheels for transporation. Ensure you install the front stabilizer with the wheels facing downwards.

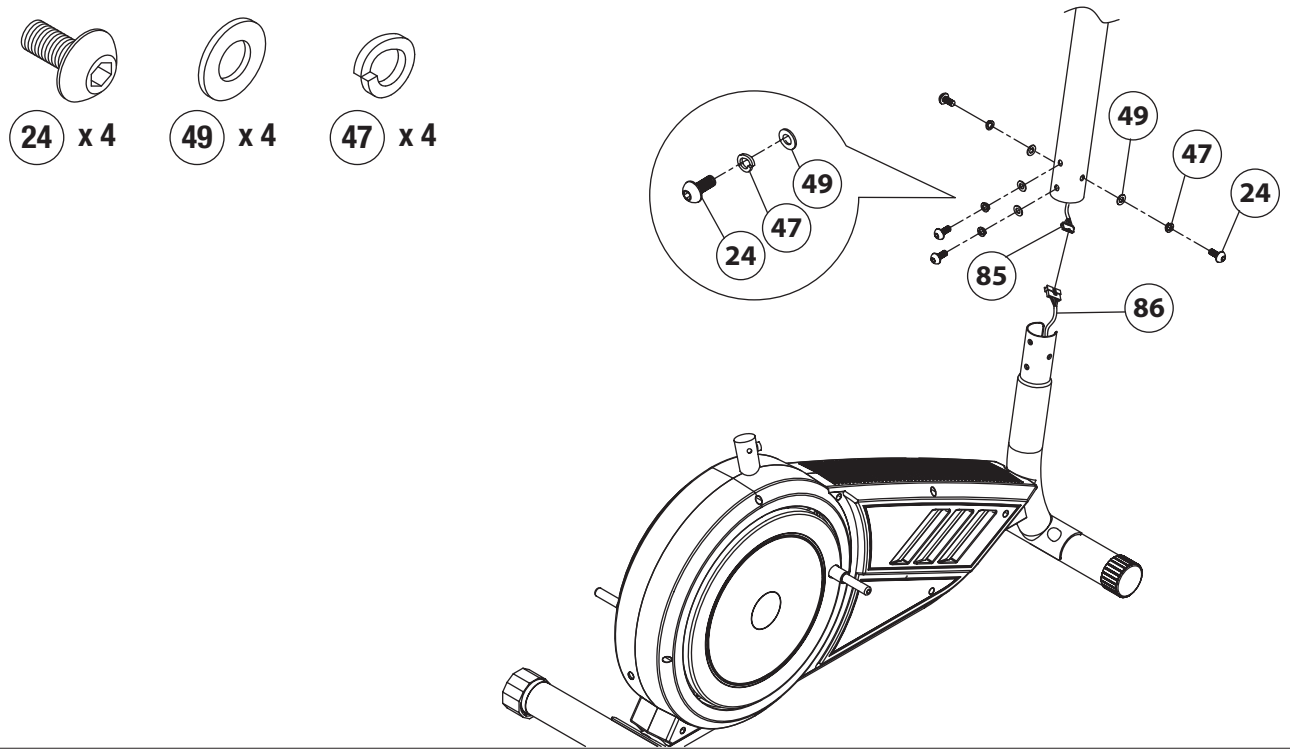
STEP 2



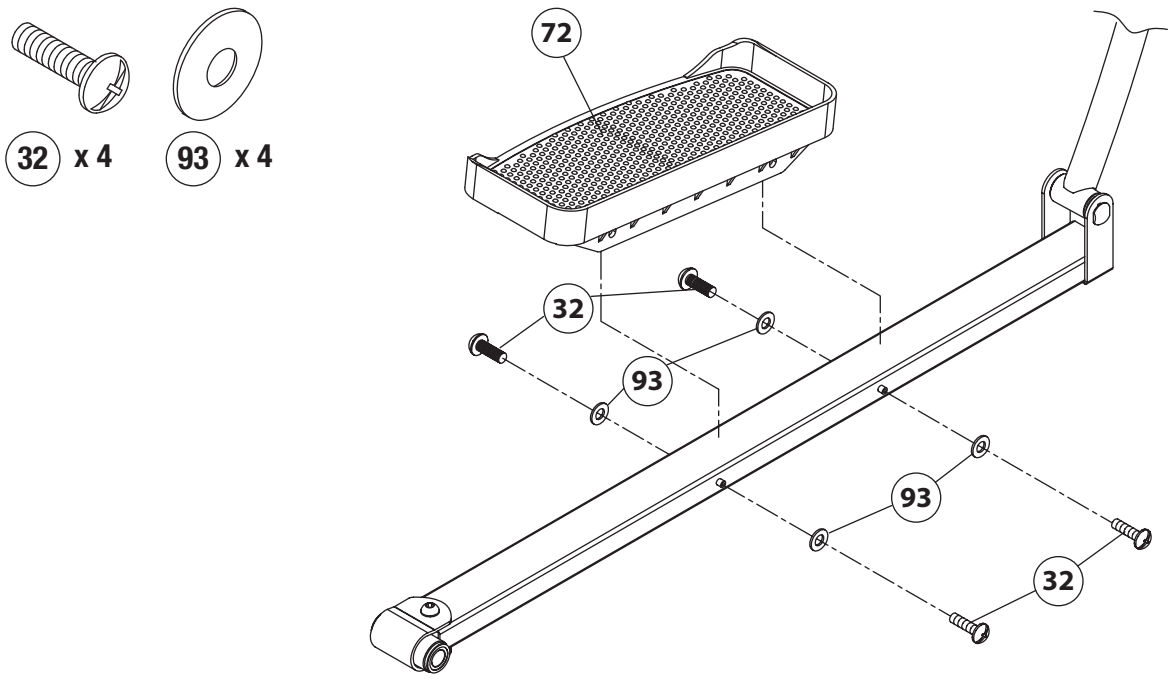


Assembly instructions

STEP 3

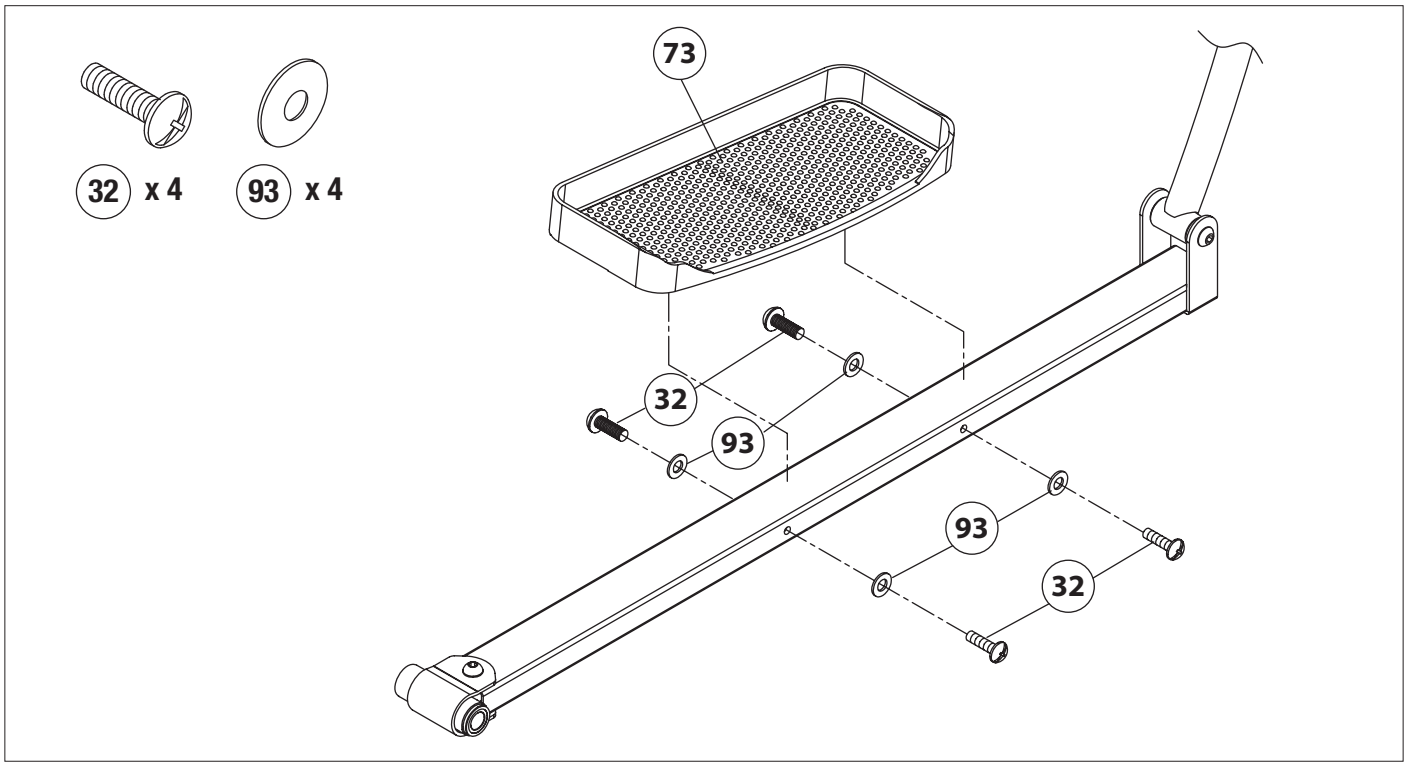


STEP 4

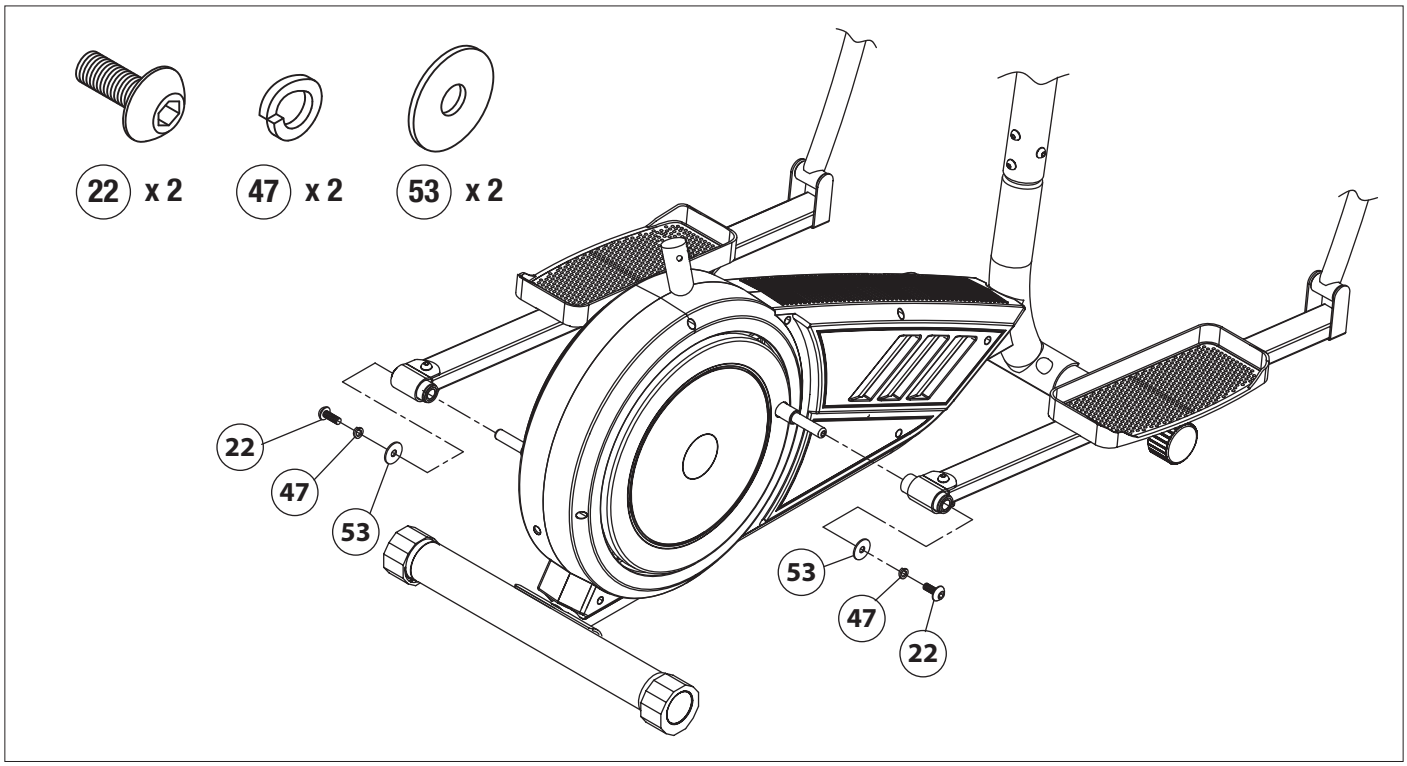


YORK FITNESS

STEP 5



STEP 6



Assembly instructions

STEP 7

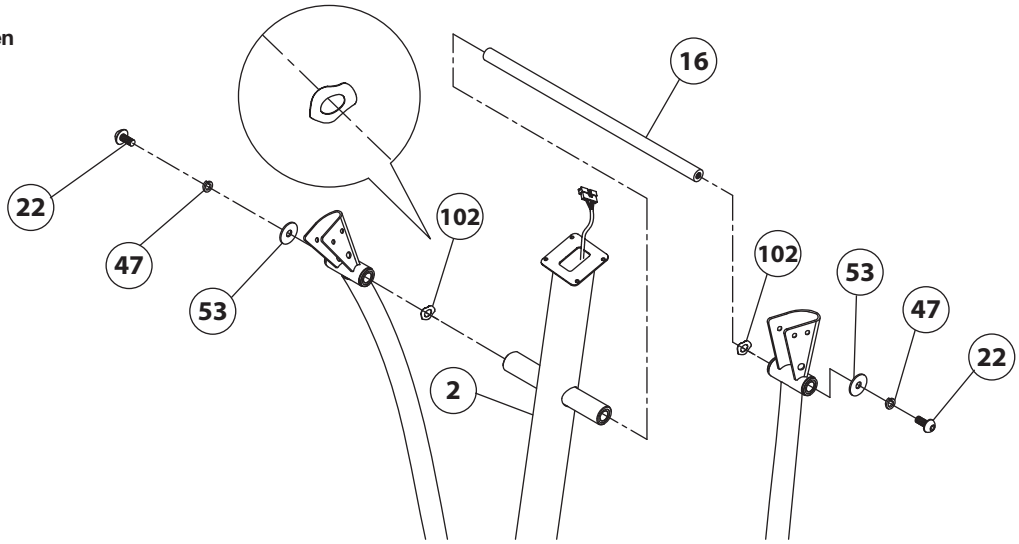
22 x 2

47 x 2

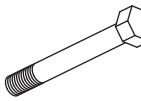
53 x 2

102 x 2

Note: Use two allen keys to tighen both bolts at the same time.



STEP 8

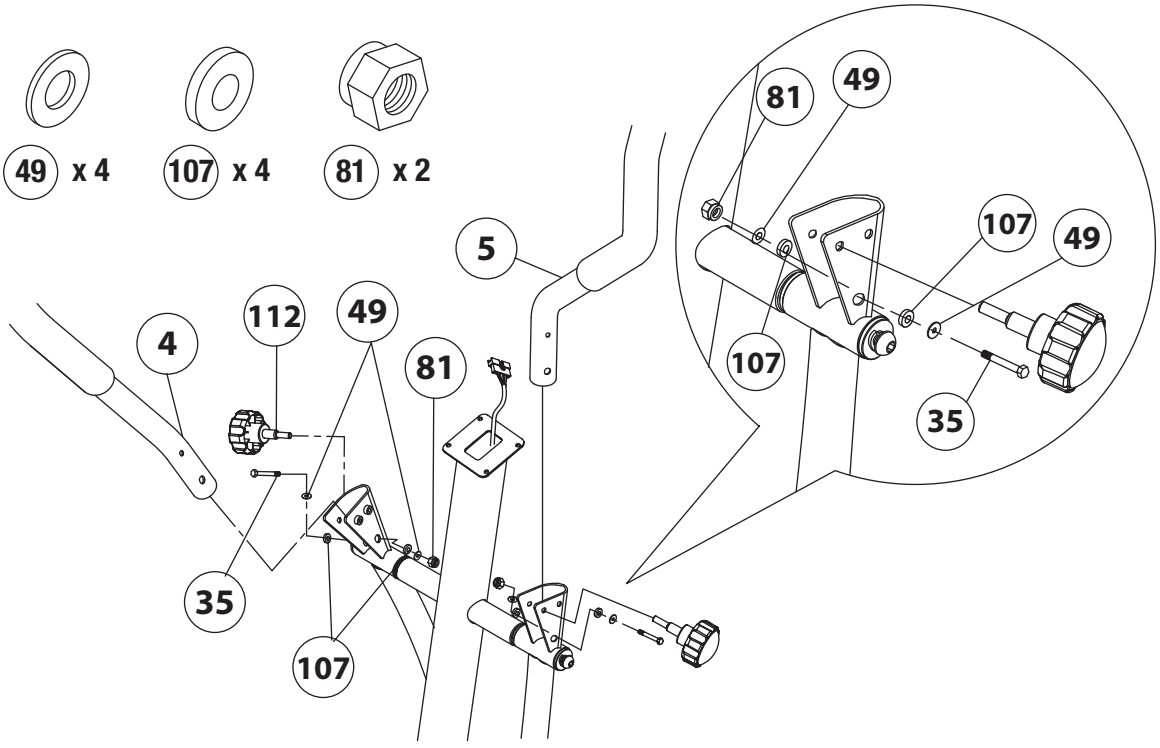


35 x 2

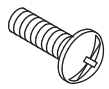
49 x 4

107 x 4

81 x 2

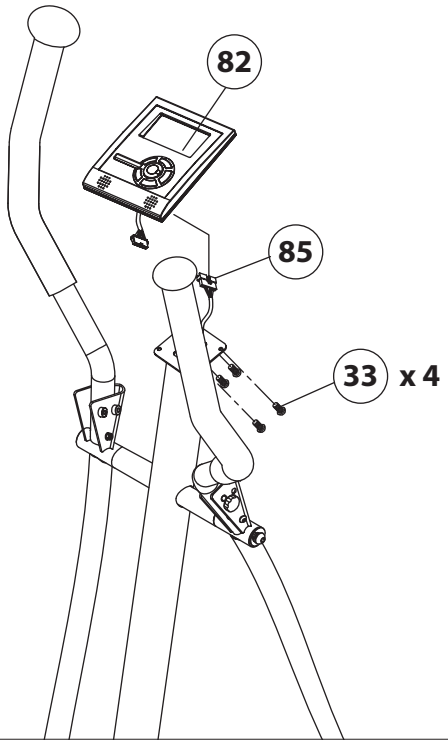


STEP 9

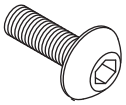


33 x 4

Note: Part 33 is pre-installed at the back of the computer.



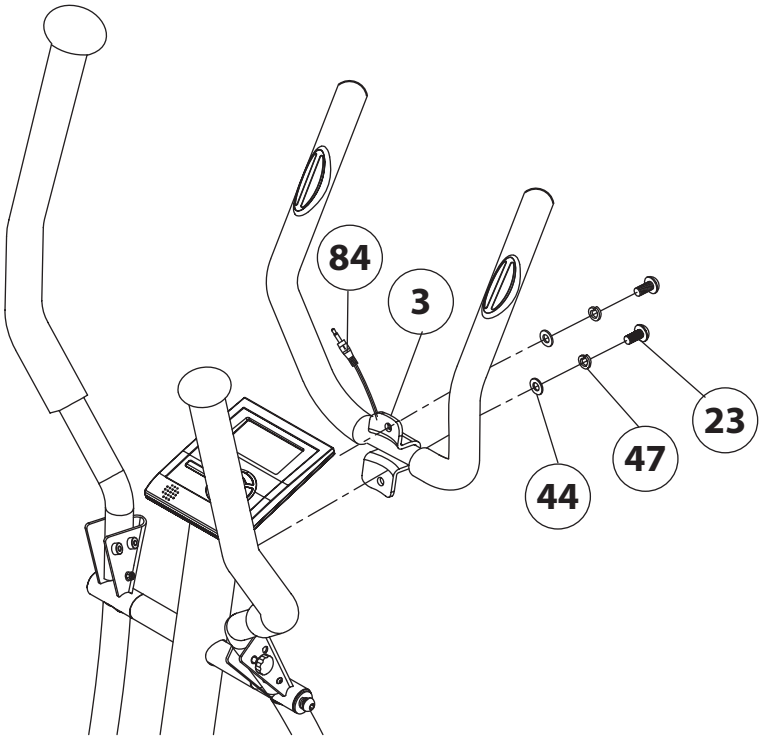
STEP 10



23 x 2

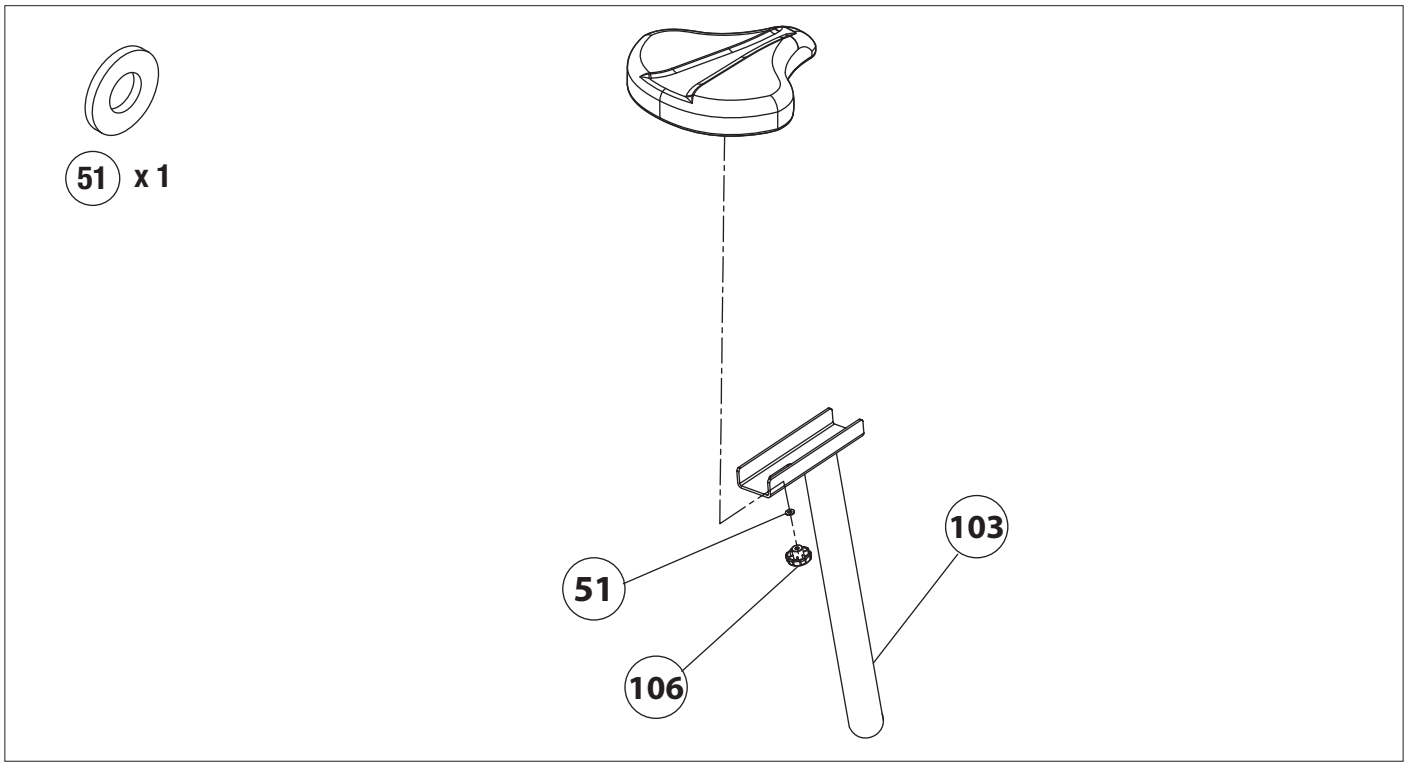
44 x 2

47 x 2

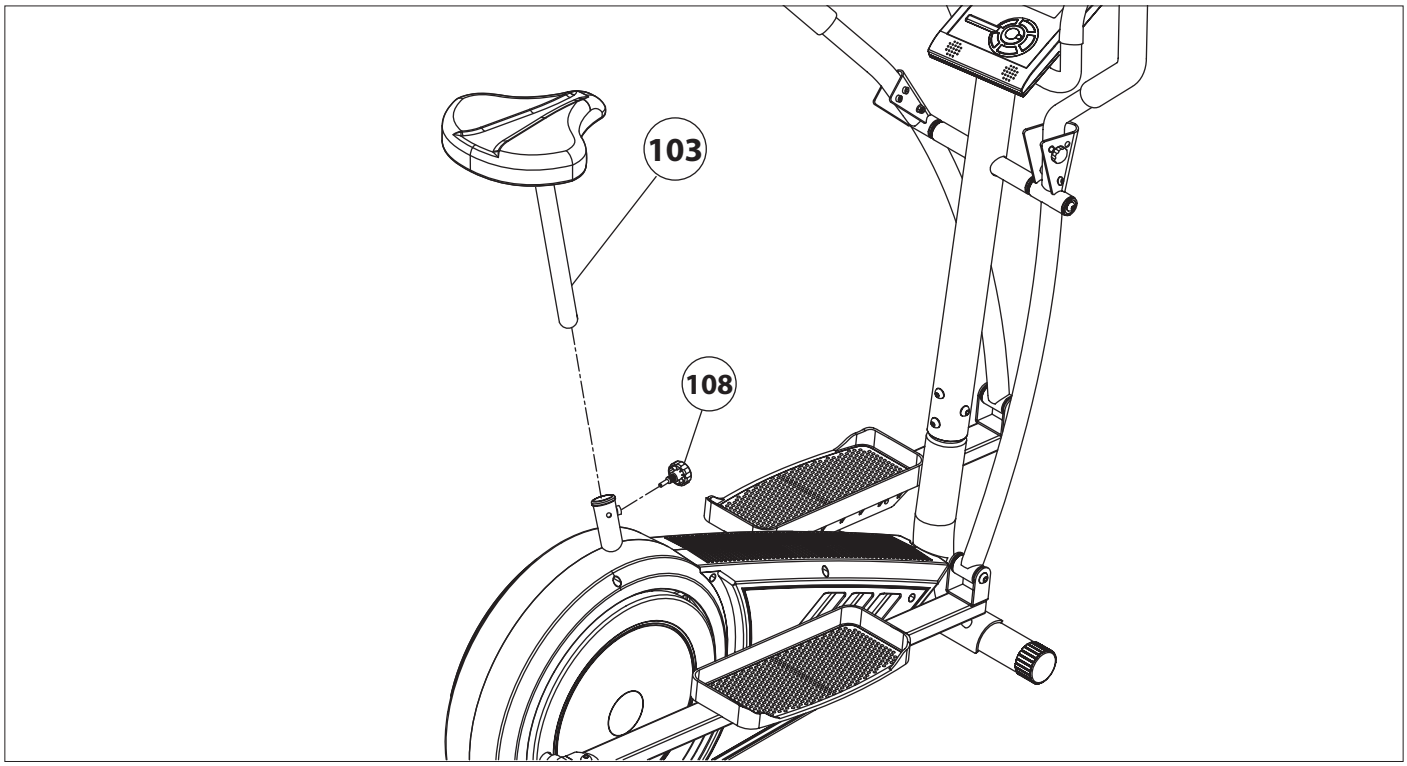


Assembly instructions

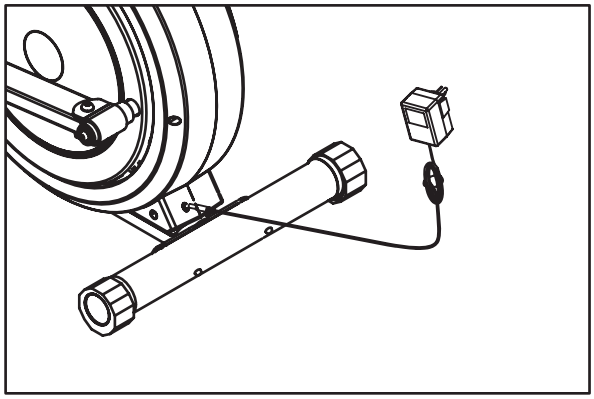
STEP 11



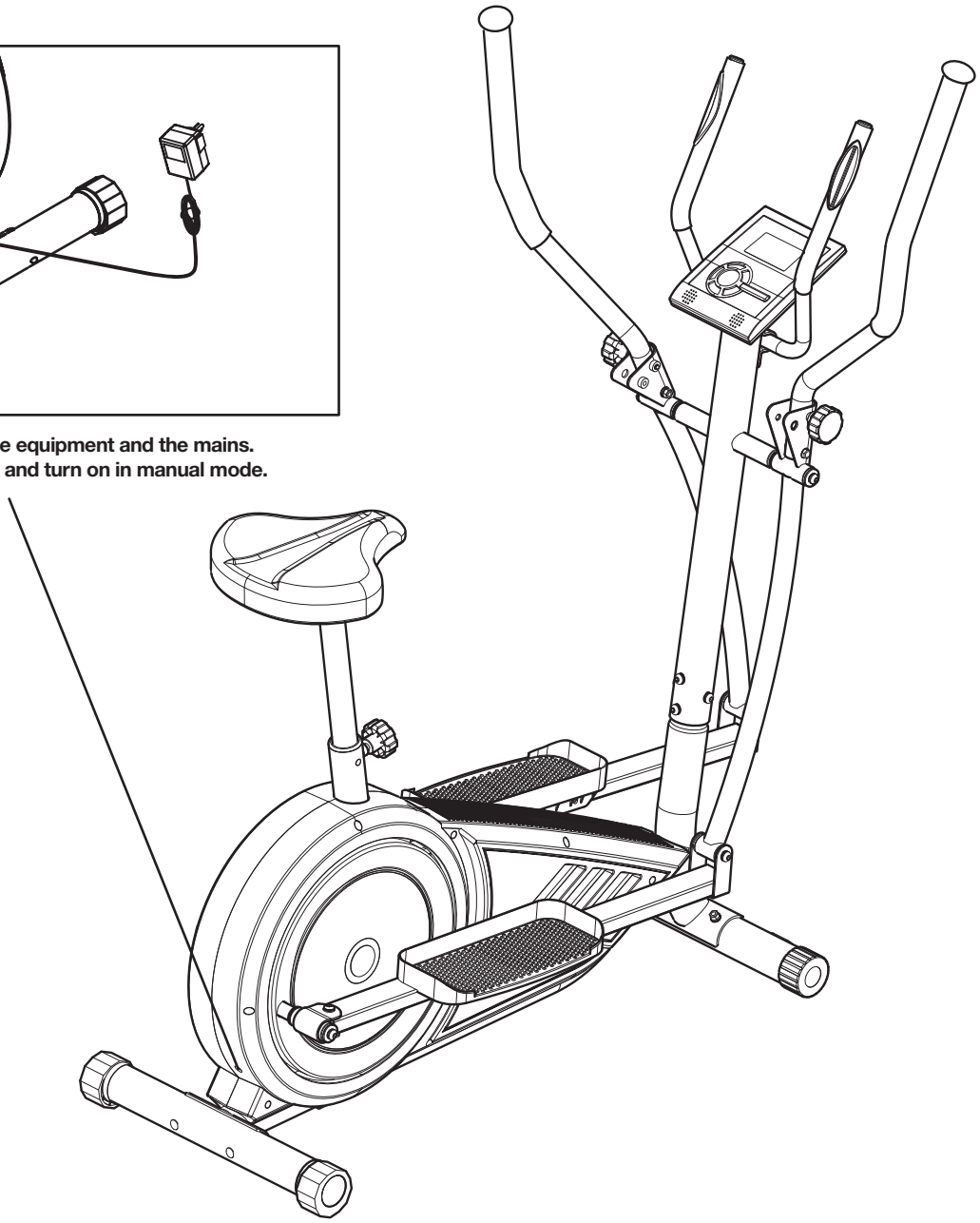
STEP 12



STEP 13



Plug the adaptor into the equipment and the mains.
The computer will beep and turn on in manual mode.



Operational instructions

Program Select and Setting Value

1. Use the UP or DOWN keys to select program mode and then press ENTER to confirm your exercise mode.
2. At the Manual mode, the computer will use the UP or DOWN keys to set up your exercise TIME, DISTANCE, CALORIES, PULSE.
3. Press the START/STOP key to start exercise.
4. When you reach the target, the computer will produce beep sounds and then stop.
5. If you set up more than one target and you would like to reach next target, press START/STOP key to keep on exercise.

Wake-Up Function

The monitor will entry SLEEP mode (LCD off) when there is no signal input and no key be pressed after 4 minutes. Press the screen to start the monitor.

Key Function:

There are 6 button keys and the function description as follows:

KEYS	FUNCTIONS
START/STOP	Start / Stop
UP	Press the key to increase the resistance during exercise mode. During the setting mode, press the key to increase the value of Time, Distance, Calories, Age and select Gender and Program.
DOWN	Press the key to decrease the resistance during exercise mode. During the setting mode, press the key to decrease the value of Time, Distance, Calories, Age and select Gender and Program.
ENTER	During the setting mode, press the key to accept the current data entry. At the stop mode, by holding this key for over two seconds the user can reset all values to zero or default value. During setting the Clock, press this key can accept the setting hour and setting minute.
BODY FAT	Press the key to input your HEIGHT, WEIGHT, GENDER and AGE then to measure your body fat ratio.
PULSE RECOVERY	Press the key to activate heart rate recovery function.

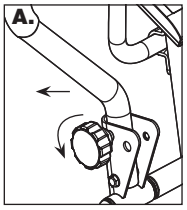
Functions and Features:

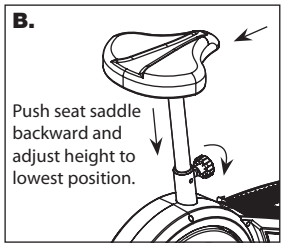
FUNCTIONS	FEATURES
TIME	Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:00 in one second intervals. You can also program your computer to count down from a set value by using the UP and DOWN keys. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.
DISTANCE	Displays the accumulative distance traveled during each workout up to a maximum of 99.0KM.
RPM	Your pedal cadence.
SPEED	Displays your workout speed value in KM per hour.
CALORIES	Your computer will estimate the cumulative calories burned at any given time during your workout.
PULSE	Your computer displays your pulse rate in beats per minute during your workout.
AGE	Your computer is age-programmable from 10 to 99 years. If you do not set an age, this function will always default to age 35.
TARGET HEART RATE (TARGET PULSE)	The heart rate you should maintain is called your Target Hear Rate in beats per minute.
PULSE RECOVERY	During the START stage, leave the hands holding on grips or leave the chest transmitter attached and then press “PULSE RECOVERY” key, time starts counting from 00:60 - 00:59 - - to 00:00. As soon as 00:00 is reached, the computer will show your heart rate recovery status with the grade F1.0 to F6.0. 1.0 - OUTSTANDING 1.0 < F < 2.0 - EXCELLENT 2.0 < F < 2.9 - means GOOD 3.0 < F < 3.9 - means FAIR 4.0 < F < 5.9 - means BELOW AVERAGE 6.0 - means POOR Note: If no pulse signal input then the computer will show “P” on the PULSE window. If the computer shows “ERR” on the message window, please re-press the PULSE RECOVERY key and please make sure your hands are keeping well on the grips or the chest transmitter is attached well.
TEMPERATURE	Display the current temperature.

Operational instructions

Set-up for standing cross training

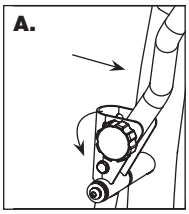
- (Diagram A) Check handle bars set in forward position.
- (Diagram B) Check seat in lowest position.
- Adjust the foot-platforms so that you can exercise in the correct position, and without your knees hitting the frame.
- Always keep your back straight and your shoulders square.
- Allow for a natural lift from your heel

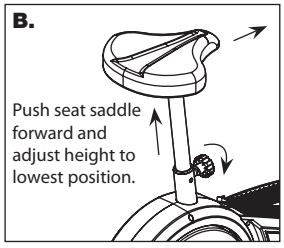




Set-up for seated cross training / cycling

- (Diagram A) Check handle bars in rear position.
- (Diagram B) Check seat height. Your knees should not go above horizontal when cross training in a seated position. Adjust seat height accordingly.





Manual Program

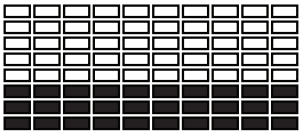
P1 is a manual program. User can start exercise by pressing START/STOP key. The default resistance level is 5. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

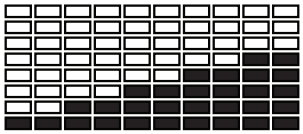
1. Use UP/DOWN keys to select the MANUAL (P1) program.
2. Press the ENTER key to enter MANUAL program.
3. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

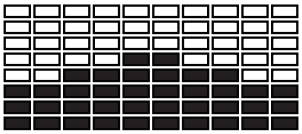
Preset Programs

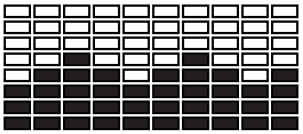
PROGRAM 2 to PROGRAM 13 is the preset programs. Users can exercise with different level of loading in different intervals as the profiles show. Users may exercise in any desirous of resistance level (Adjusting by UP/DOWN keys during the workout) with a period of time or a number of calories or a certain distance.

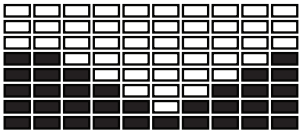
1. Use UP/DOWN keys to select one of the above programs from P2 to P13.
2. Press the ENTER key to enter your workout program.
3. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
4. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
5. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
6. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
7. Press the START/STOP key to begin exercise.

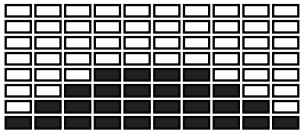

PROGRAM 1: MANUAL


PROGRAM 2: STEPS


PROGRAM 3: HILL

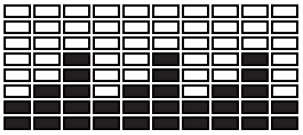

PROGRAM 4: ROLLING

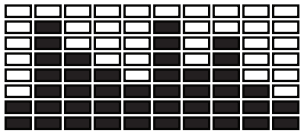

PROGRAM 5: VALLEY


PROGRAM 6: FAT BURN

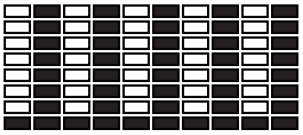
PROGRAM 7: RAMP

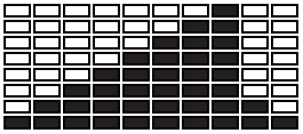
PROGRAM 8: MOUNTAIN


PROGRAM 9: INTERVALS


PROGRAM 10: RANDOM

PROGRAM 11: PLATEAU


PROGRAM 12: FARTLEK

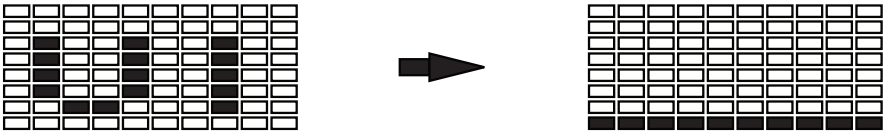

PROGRAM 13: PRECIPICE

Operational instructions

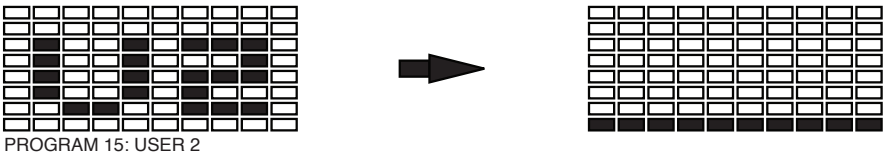
User Setting Programs

Program 14 to 17 is the user setting program. Users are free to create the values in the order of TIME, DISTANCE, CALORIES and the resistance level in 10 columns. The values and profiles will be stored in the memory after setup. Users may also change the ongoing loading in each column by UP/DOWN keys, and they will not change the resistance level stored in the memory:

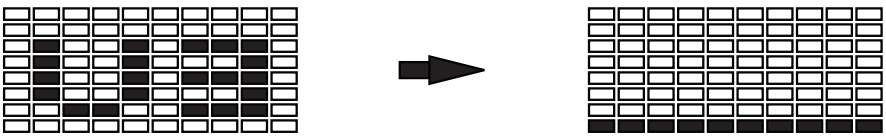
1. Use UP/DOWN keys to select the USER program from P14 to P17.
2. Press the ENTER key to enter your workout program.
3. The column 1 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your first column of exercise profile. The default level is load 1.
4. The column 2 will flash, and then use the UP/DOWN keys to create your personal exercise profile. Press ENTER to confirm your second column of exercise profile.
5. Follow the above description 5 and 6 to finish your personal exercise profiles. Press ENTER to confirm your desired exercise profile.
6. The TIME will flash and you can press UP or DOWN keys to setting your exercise TIME. Press ENTER key to confirm your desired TIME.
7. The DISTANCE will flash and you can press UP or DOWN keys to setting your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
8. The CALORIES will flash and you can press UP or DOWN keys to setting your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
9. The PULSE will flash and then you can press UP or DOWN keys to set your exercise PULSE. Press ENTER key to confirm your desired Pulse.
10. Press the START/STOP key to begin exercise.



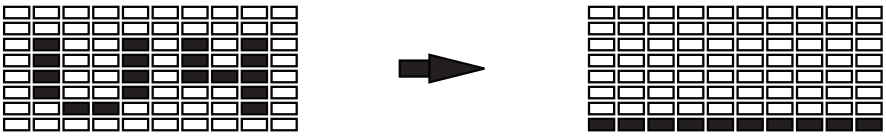
PROGRAM 14: USER 1



PROGRAM 15: USER 2



PROGRAM 16: USER 3



PROGRAM 17: USER 4

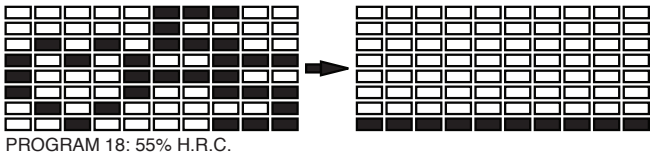
Heart Rate Control Programs

Program 18 to Program 22 is the Heart Rate Control Programs and Program 22 is the Target Heart Rate Control program.

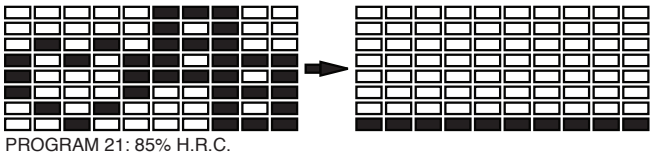
- Program 18 is the 55% Max H.R.C. - - Target H.R. = (220 – AGE) x 55%
- Program 19 is the 65% Max H.R.C. - - Target H.R. = (220 – AGE) x 65%
- Program 20 is the 75% Max H.R.C. - - Target H.R. = (220 – AGE) x 75%
- Program 21 is the 85% Max H.R.C. - - Target H.R. = (220 – AGE) x 85%
- Program 22 is the Target H.R.C. - - Workout by your target heart rate value.

Users can exercise according to your desired Heart Rate program by setting your AGE, TIME, DISTANCE, CALORIES or TARGET PULSE. In these programs, the computer will adjust the resistance level according to the heart rate detected. For example, the resistance level may increase every 20 seconds while the heart rate detected is lower than the TARGET H.R.C. Also the resistance level may decrease every 20 seconds while the heart rate detected is higher than the TARGET H.R.C.

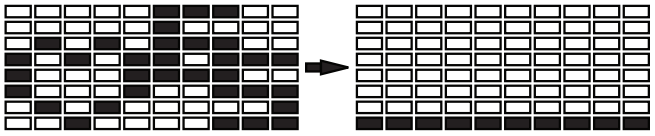
1. Use UP/DOWN keys to select one of the heart rate control program from P18 to P22.
2. Press the ENTER key to enter your workout program
3. The AGE will flash at P18 to P21 programs and you can press UP or DOWN keys to set your AGE. The default age is 35.
4. At program 22, the TARGET PULSE will flash and you can press UP or DOWN keys to set your TARGET PULSE between 80 to 180. The default TARGET PULSE is 120.
5. The TIME will flash and you can press UP or DOWN keys to set your exercise TIME. Press ENTER key to confirm your desired TIME.
6. The DISTANCE will flash and you can press UP or DOWN keys to set your target DISTANCE. Press ENTER key to confirm your desired DISTANCE.
7. The CALORIES will flash and you can press UP or DOWN keys to set your exercise CALORIES. Press ENTER key to confirm your desired CALORIES.
8. Press the START/STOP key to begin exercise.



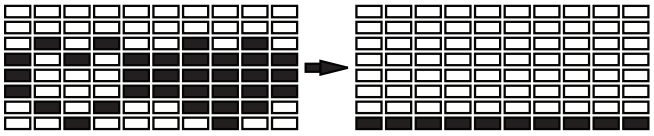
PROGRAM 18: 55% H.R.C.



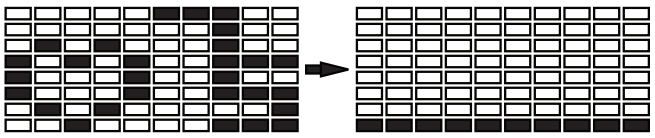
PROGRAM 21: 85% H.R.C.



PROGRAM 19: 65% H.R.C.



PROGRAM 22: TARGET H.R.C.



PROGRAM 20: 75% H.R.C.

Operational instructions

Body Fat Program

Program 23 is a special program design to calculate users' body fat ratio and to offer a specific loading profile for users. There are 3 body types divided according to the FAT% calculated.

- Type1: BODY FAT% > 27
- Type2: 27 > BODY FAT% > 20
- Type3: BODY FAT % < 20

The computer will show the test results of FAT PERCENT, BMI and BMR.

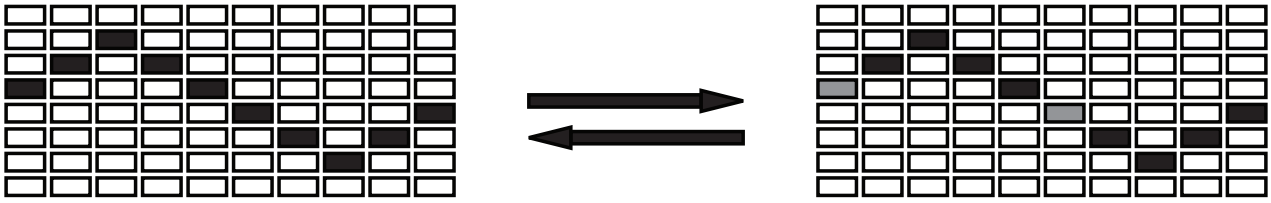
1. Use UP/DOWN keys to select the BODY FAT (P23) program.
2. Press the ENTER key to enter your workout program.
3. The HEIGHT will flash and you can press UP or DOWN keys to set your HEIGHT. Press ENTER key to confirm your HEIGHT. The default HEIGHT is 170cm or 5'07" (5feet 7 inches).
4. The WEIGHT will flash and you can press UP or DOWN keys to set your WEIGHT. Press ENTER key to confirm your WEIGHT. The default WEIGHT is 70kgs or 155lbs.
5. The GENDER will flash and you can press UP or DOWN keys to select your sex. Number 1 means man and number 0 means female. Press ENTER key to confirm your Gender. The default sex is 1 (MAN).
6. The AGE will flash and you can press UP or DOWN keys to set your AGE. Press ENTER key to confirm your AGE. The default AGE is 35.
7. Press the START/STOP key to begin body fat measurement. If the window show E on the window, please make sure your hands are attached well on the grips or the chest belt is touch well on your body. Then press the START/STOP key again to begin body fat measurement.
8. After finished your measurement, the computer will show the values of BMR, BMI and FAT PERCENT on the LCD display. Furthermore, the computer will show your own exercise profile for your body type.
9. Press START/STOP key to begin exercise.

BMI (Body Mass Index):

BMI is a measure of body fat based on height and weight that applies to both adult men and women.

BMR (Basal Metabolic Rate):

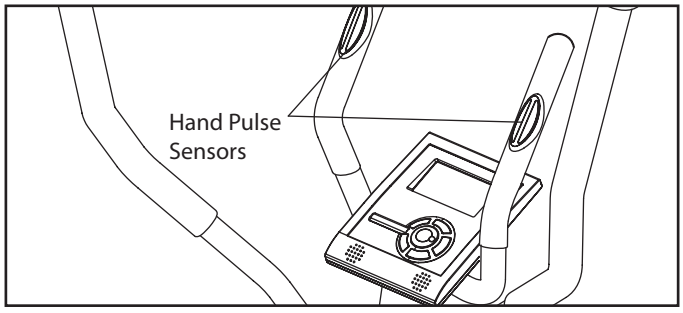
Your Basal Metabolic Rate (BMR) shows the number of calories your body needs to operate. This doesn't account for any activity, it's simply the energy needed to sustain a heartbeat, breathing and normal body temperature. It measures the body at rest, not sleep, at room temperature.



BODY FAT (STOP MODE) BODY FAT (START MODE)

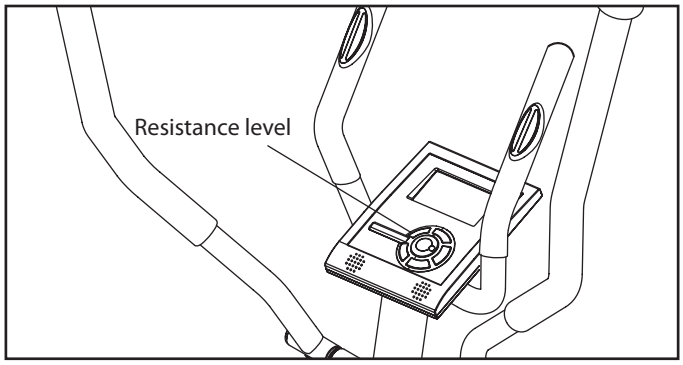
Hand Pulse Sensors

This cross trainer is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.



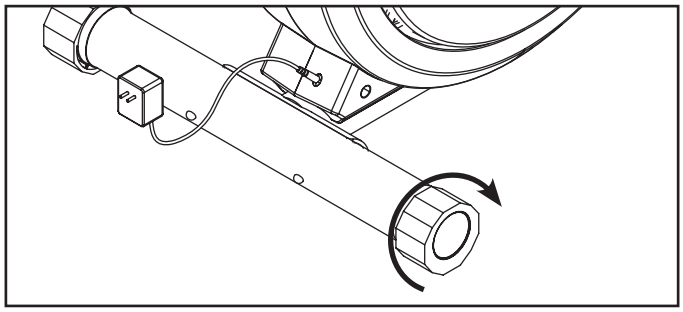
Adjusting The Resistance

This cross trainer features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel - the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply use the UP / DOWN keys on the console.



Levelling Your Cross Trainer

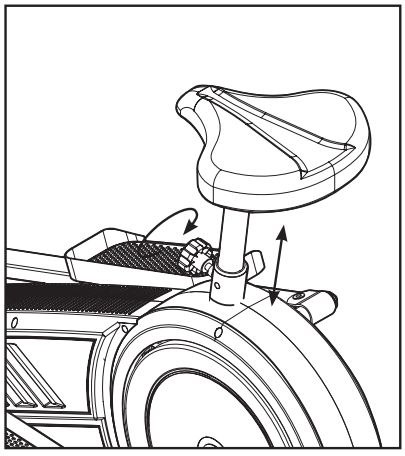
To help you level the cross trainer on uneven surface, 2 height adjusters are included on the rear stabilizers. Simply twist these around to adjust the height of the cross trainer.



Adjust The Seat Height

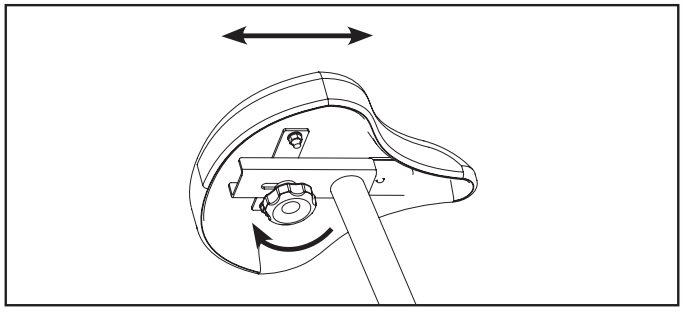
1. Unscrew the hand wheel.
2. Adjust the seat up or down to your required height - to line it up correctly, make sure the number and line is visible at the top of the seat post mounting tube.
3. Re-screw the hand wheel - make sure it is screwed tightly.
4. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.

Note: Do not pull the seat out too far - the maximum is indicated with a piece of tape on the seat post.



Adjust The Seat Saddle

Simply adjust the knob under the seat to move forward or backward.



Fitness guide

Starting and Finishing Your Workout

Begin and end each workout with a Warm Up / Down session - a few minutes of stretching to help prevent strains, pulls and cramps.

Correct Crosstraining form

To start using the cross trainer, simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse: The cross trainer can be used in the forward and reverse direction to vary the muscles that you workout. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

Load Level Adjustment: The load level of cross trainer can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

2. Calf/Achilles Stretch

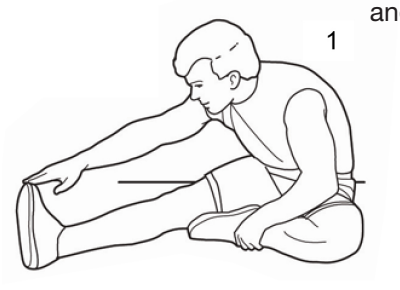
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

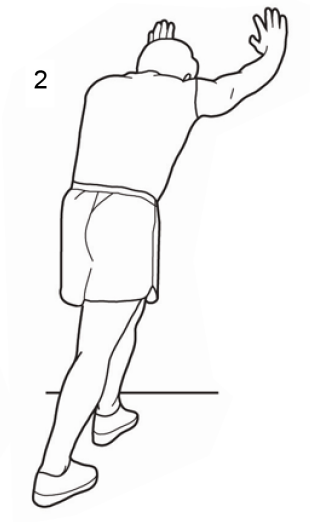
3. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

4. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





How Long Should I Exercise For?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50 - 60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss - To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving fitness levels - These sessions should be performed at 70 - 80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating Your Target Heart Rate

First, you need to find your estimated maximum heart rate using the formula "220 minus your age in years". So, if you are 35 years old your estimated maximum heart rate is:

220 - 35 = 185 beats per minute (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better health:

185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates - if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please get in touch using the Contact Us details.

ALWAYS CONSULT YOUR DOCTOR BEFORE UNDERTAKING A NEW EXERCISE REGIME. IF YOU EXPERIENCE NAUSEA, DIZZINESS OR OTHER ABNORMAL SYMPTOMS DURING EXERCISE, STOP AT ONCE AND CONSULT YOUR DOCTOR.

Troubleshooting

If you have a problem with your exercise cycle, before you do anything else please check that all the cables have been connected correctly. loose cables are very common and many problems can be solved by making sure the cables are properly connected.

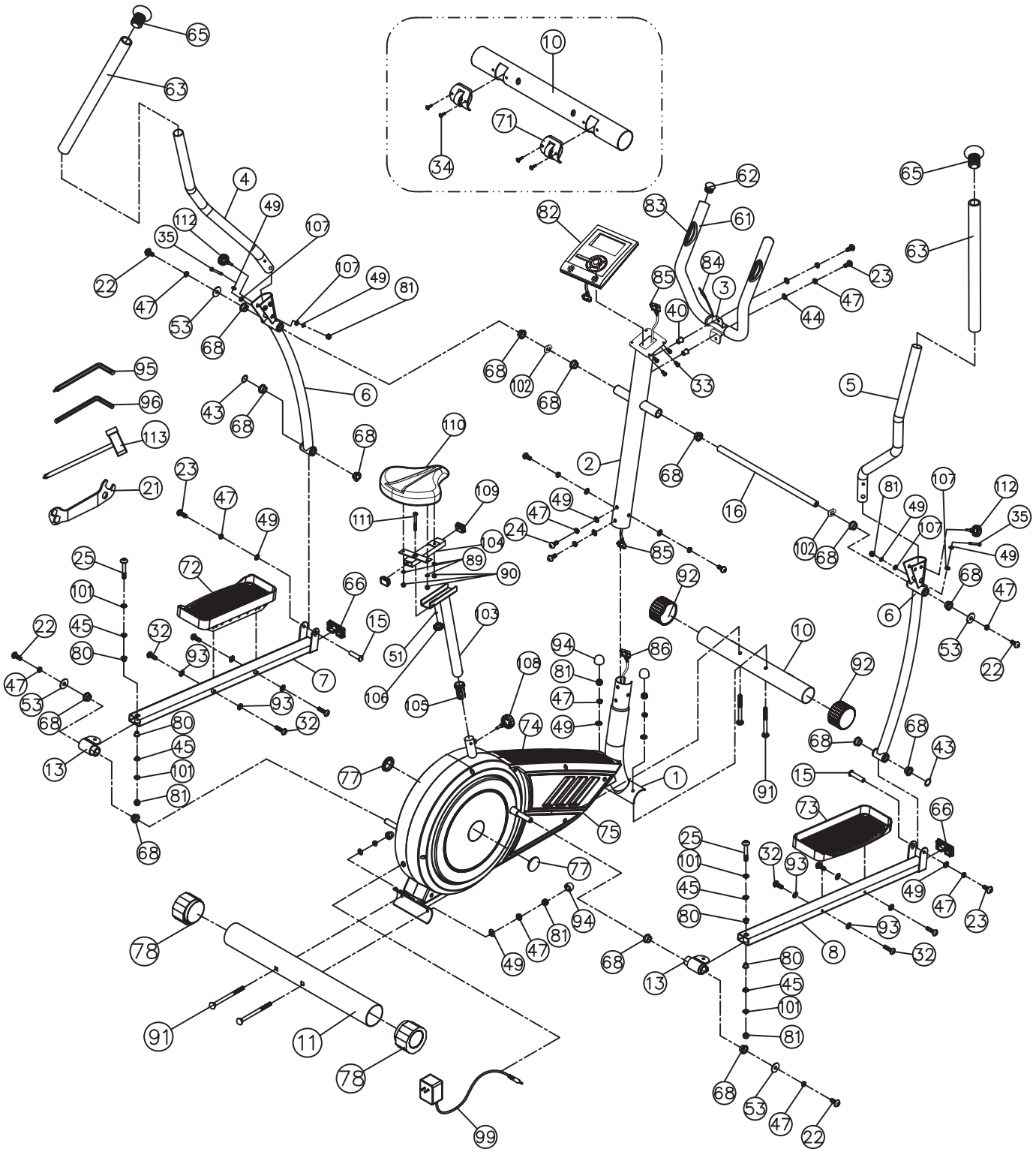
The following table details the most common problems and how to fix them. If you still have a problem after going through the troubleshooting guide please call your local YORK distributor for advice.

PROBLEM	CAUSE	CORRECTION
NO DISPLAY	No power	Make sure power cord is plugged in properly
	System halted	Unplug and re-plug the power cord to reset the system
NO SPEED DISPLAY	Wires are damaged or not connected properly	Verify all wires are connected properly
	Speed sensor is too far from magnet	Contact your local YORK distributor
PARTIAL DISPLAY	The PA board is not connected properly	Unplug and re-plug the power cord
		Verify all wires are connected properly
		Disconnect and re-connect all cables
		Contact your local YORK distributor
NO PULSE SIGNAL	Wires are damaged or not connected properly	Verify all wires are connected properly
	Too much hand movement	Dry palms
	Palms too wet	Grip using moderate pressure
	Hand Pulse Sensor is being gripped too tightly	Remove all rings
	User is wearing rings	Contact your local YORK distributor
ERROR CODE: E1	Computer console error	Verify all wires are connected properly
	Motor is non-operational or damaged	Unplug and re-plug the power cord
	Wires are damaged or not connected properly	Check maximum user weight
	User is over maximum weight tolerance	Contact your local YORK distributor
ERROR CODE: E2	Computer console error	Verify all wires are connected properly
		Contact your local YORK distributor
ERROR CODE: E3	Motor controller is non-operational or damaged	Verify all wires are connected properly
		Contact your local YORK distributor
ERROR CODE: ERR	No pulse signals received for 8 seconds during body fat program	Refer to “NO PULSE SIGNAL”
ERROR CODE: E5	Auto-tension controller error or is non-operational	Verify all wires are connected properly
		Contact your local YORK distributor

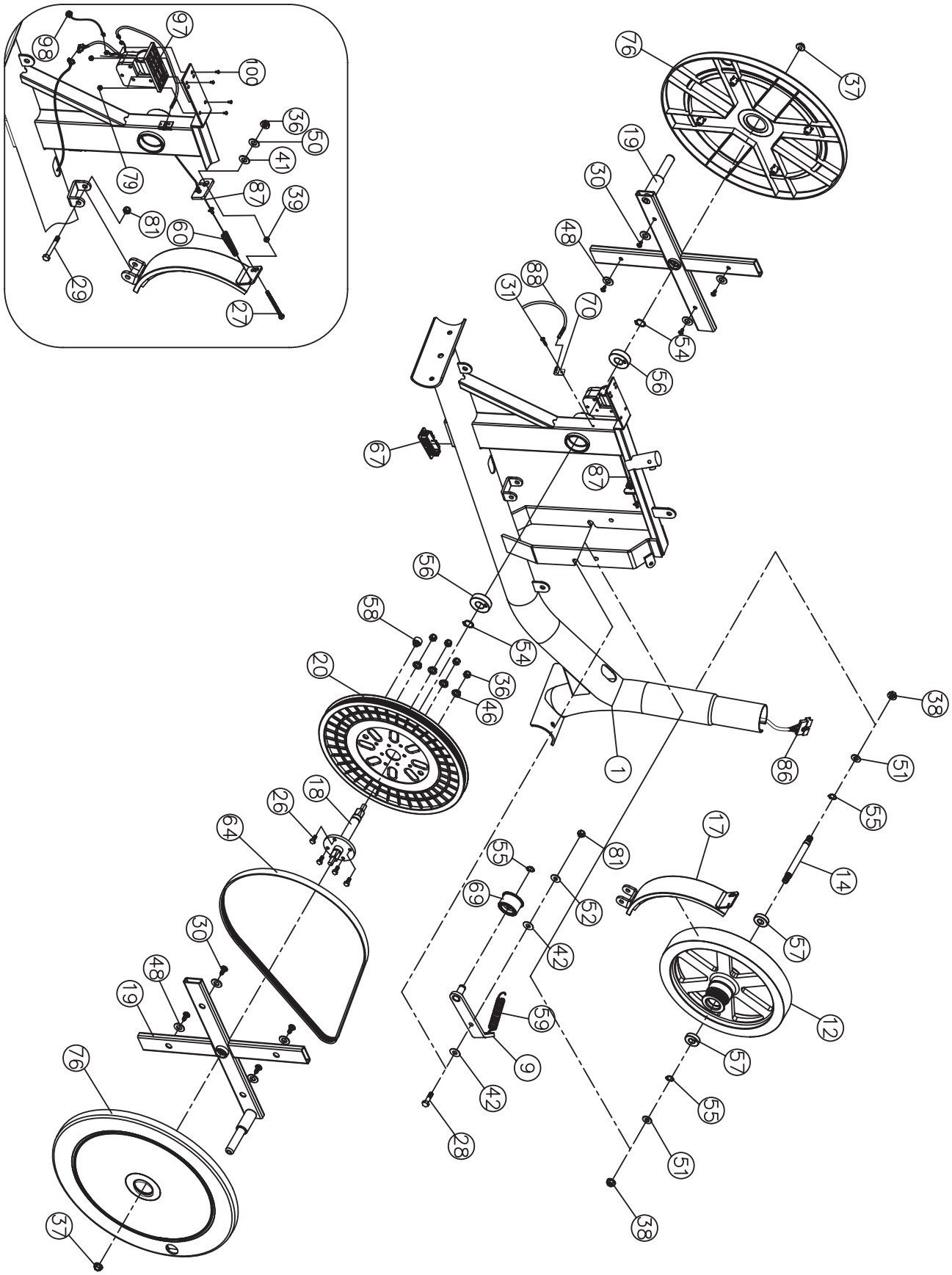
FOR YOUR OWN SAFETY, DO NOT OPEN PROTECTIVE CASING. IF ERROR PERSISTS, PLEASE CONTACT YOUR LOCAL YORK DISTRIBUTOR FOR ADVICE. KEEP THE EQUIPMENT OUT OF USE UNTIL IT IS REPAIRED.

If you are having problems with your heart rate reading, please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV’s, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

Exploded drawing



Exploded drawing



Part list

YORK FITNESS

YORK REF.	REF.	DESCRIPTION	QTY.
52045-1	1	BASE FRAME	1
52045-2	2	UPRIGHT TUBE WELDMENT	1
52045-3	3	FIX HANDLE BAR	1
52045-4	4	HANDLE BAR (L)	1
52045-5	5	HANDLE BAR (R)	1
52045-6	6	LOWER SWIVEL HANDLE BAR (L/R)	1 SET
52045-7	7	PEDAL TUBE WELDMENT (L)	1
52045-8	8	PEDAL TUBE WELDMENT (R)	1
52045-9	9	JOCKEY WHEEL BRACKET	1
52045-10	10	FRONT FOOT	1
52045-11	11	REAR FOOT	1
52045-12	12	FLYWHEEL	1
52045-13	13	PEDAL FIX BKT	2
52045-14	14	FLYWHEEL AXLE	1
52045-15	15	PEDAL TUBE WELDMENT SHAFT	2
52045-16	16	AXLE SUPPORT	1
52045-17	17	MAGNETIC HOLDER	1
52045-18	18	AXLE FOR PULLEY	1
52045-19	19	CROSS FRAME	2
52045-20	20	PULLEY	1
52045-21	21	TOOL	1
52045-22	22	M8 X 20MM X ALLEN HEAD SCREW	4
52045-23	23	M8 X 25MM X ALLEN HEAD SCREW	4
52045-24	24	M8 X 15MM X ALLEN HEAD SCREW	4
52045-25	25	M8 X 50MM(15MM) X ALLEN HEAD SCREW	2
52045-26	26	M6 X 16MM X HEX HEAD SCREW	4
52045-27	27	M6 X 65MM X HEX HEAD SCREW	1
52045-28	28	M8 X 25MM X HEX HEAD SCREW	1
52045-29	29	M8 X 52MM(12MM) X HEX HEAD SCREW	1
52045-30	30	M5 X 12MM X ALLEN HEAD SELF TAPPING SCREW	8
52045-31	31	M3 X 10MM X ALLEN HEAD SELF TAPPING SCREW	1
52045-32	32	M5 X 15MM X ROUND PHILIPS HEAD SCREW	8
52045-33	33	M5 X 12MM X ROUND PHILIPS HEAD SCREW	4
52045-34	34	ROUND FLANGE PHILIPS HEAD SELF TAPPING SCREW (#8-32 X 5/8"L BK)	4
52045-35	35	M8 X 50MM X HEX HEAD SCREW	2
52045-36	36	NYLOCK NUT M6 (M6 BK)	5
52045-37	37	WH NUT (3/8" X 26 X 9MM + BK)	2
52045-38	38	WH NUT (3/8" X 26 BK)	2
52045-39	39	SELF-LOCKING NUT (M6 BK)	1
52045-40	40	BLIND NUTS (M8 X P1.25)	2
52045-41	41	PLASTIC WASHER (M6 X 22 X 1.OT)	1
52045-42	42	NYLON WASHER (10 X 24 X 0.3T)	2
52045-43	43	WAVE SPRING (Ø16.5 X Ø21.7 X 0.25T BK)	2
52045-44	44	WASHER CURVE (M8 BK)	2
52045-45	45	PLASTIC PAD (Ø18 X 4.1H)	4
52045-46	46	SPRING WASHER (M6 BK)	4
52045-47	47	SPRING WASHER (M8 BK)	16
52045-48	48	WASHER (M5 X Ø16 X 1.2T BK)	8
52045-49	49	WASHER (M8 X 16 X 1.2T)	14
52045-50	50	WASHER (M6 X 16 X 1.2T)	1
52045-51	51	WASHER (M10 X 21 X 2T)	3
52045-52	52	WASHER (M8 X 22 X 1.5T)	1
52045-53	53	WASHER (M8 X Ø28 X 1.5T BK)	4
52045-54	54	CLIP (C17 (Ø15.7) BK)	2
52045-55	55	CLIP (C12 (Ø11.1) BK)	3
52045-56	56	BEARING (6203ZZ(ZB))	2
52045-57	57	BEARING (Ø12 X Ø28 X 8T)	2

YORK REF.	REF.	DESCRIPTION	QTY.
52045-58	58	MAGNET (S000C(Ø18 X 8) BK)	1
52045-59	59	SPRING (Ø3 X Ø17.8 X 101L)	1
52045-60	60	SPRING (Ø10.2 X Ø16.5 X 55L BK)	1
52045-61	61	FIX HANDLEBAR FOAM GRIPS (20 X 5T X 320L)	2
52045-62	62	FIX HANDLEBAR END CAP (Ø20 X 12H BK)	2
52045-63	63	HANDLEBAR FOAM GRIPS (30 X 3T X 335L BK)	2
52045-64	64	BELT (6PJ49(1244.6)	1
52045-65	65	END CAP (Ø31.8 X Ø28 X 14.3 BK)	2
52045-66	66	END CAP (Ø25 X 49.5 BK)	2
52045-67	67	END CAP (Ø30 X 70 BK)	1
52045-68	68	BUSHING (Ø28.58 X Ø15.99 X 12.7H)	14
52045-69	69	DRIVE BELT WHEEL (Ø40 X Ø39 X 21.9L BK)	1
52045-70	70	SENSOR BRACKET (21 X 15 BK)	1
52045-71	71	MOVING WHEEL	2
52045-72	72	PEDAL (L) (350 X 151 X 63.5 BK)	1
52045-73	73	PEDAL (R) (350 X 151 X 63.5 BK)	1
52045-74	74	CHAIN COVER (L) (77 X 488 X 953.5)	1
52045-75	75	CHAIN COVER (R) (77 X 488 X 953.5)	1
52045-76	76	TURNING PEDAL (Ø381.5)	2
52045-77	77	CRANK COVER (Ø47 X H=12)	2
52045-78	78	FOOT COVER (L/R)	2
52045-79	79	WH NUT (M5)	4
52045-80	80	PLASTIC PAD (Ø18 X 11.5H)	4
52045-81	81	NYLOCK NUT (M8)	10
52045-82	82	COMPUTER (B31305 (T00))	1
52045-83	83	PULSE GRIP UNIT (S1001)	2
52045-84	84	PULSE WIRE (650L/650L)	1
52045-85	85	UPPER COMPUTER WIRE	1
52045-86	86	LOWER COMPUTER WIRE	1
52045-87	87	WIRE ROD	1
52045-88	88	SENSOR WIRE	1
52045-89	89	WASHER (M8)	3
52045-90	90	NYLOCK NUT M8 (M8 BK)	3
52045-91	91	M8 X 70MM X CARRIAGE BOLT	4
52045-92	92	FOOT COVER (L)	2
52045-93	93	WASHER (M5 X Ø16 X 1.2 T BK)	8
52045-94	94	PLASTIC CAP FOR SCREW (Ø19 X 16H)	4
52045-95	95	TOOL	1
52045-96	96	TOOL	1
52045-97	97	SERVO MOTOR (D1002)	1
52045-98	98	ADAPTOR SENSOR WIRE	1
52045-99	99	ADAPTOR (6VDC / 500MA)	1
52045-100	100	M5 X 16MM X PHILIPS HEAD SCREW	4
52045-101	101	WASHER (M8 X 18 X 1.2T)	4
52045-102	102	WASHER (16.2 X 26 X 0.5T)	2
52045-103	103	SADDLE POST	1
52045-104	104	MOVABEL SEAT POST	1
52045-105	105	SADDLE SUPPORT TUBE INSERT	1
52045-106	106	MOVABEL SEAT POST KNOB (3/8" - 16 BK)	1
52045-107	107	SPACER SLEEVE (16 X 8.1 X 3.5H)	4
52045-108	108	SEAT KNOB (7/16 X 37 BK)	1
52045-109	109	END CAP	2
52045-110	110	SADDLE	1
52045-111	111	3/8" X 38MM X CARRIAGE BOLT	1
52045-112	112	KNOB (M8 X 55L)	2
52045-113	113	TOOL	1
52045-114	114	FIXINGS BLISTER PACK	1

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